



## No Added Salt Diet

### What is Sodium?

Sodium is a mineral that is found naturally in many foods. The body needs only 500 milligrams of sodium a day to function. The greatest sources of sodium in the diet are table salt ( salt is approximately 50% sodium), processed food, convenience and preserved foods. Sodium is also found in baking ingredients, medications and beverages. A normal diet provides more than enough sodium , even is you don't use salt.

### Why Limit Sodium?

A build up of sodium in the body can cause thirst, increase blood pressure, shortness of breath, and water retention (edema). This may lead to high blood pressure which can increase your risk of a stroke or heart attack. Sodium restriction, coupled with weight reduction, has lowered blood pressure in many people.

### General Guidelines:

- No salt is used in preparation of food or served at the table.
- Read labels on all foods. Avoid foods containing added salt.
- Consult your physician if you wish to use a salt substitute.

### Foods to Avoid:

Salt (sodium chloride) and commercial seasoning	cured foods	Canned or processed foods
<b>Seasonings</b> Onion salt Garlic salt Seasoning salt Celery salt Accent monosodium glutamate (MSG) Bouillon Packaged seasoning Other seasonings containing salt or sodium	<b>Cured Meats</b> Ham Salami Pastrami Corned beef Smoked fish & meats Bacon (limit 2 strips/servings) Pickles Sauerkraut Olives Sausages Hot dogs <b>Cheese products</b> Processed cheese Cheese food Cheese sauce Roquefort, camembert or Gorgonzola	<b>Canned Goods</b> soups Vegetables Vegetable juices Meats Tuna/ salmon Butter mil Frozen dinners Packaged dinners <b>Baked Goods containing Baking Powder</b> Pancakes Cookies Cakes Pies Biscuits salted snack foods chips Pretzels Nuts Popcorn Crackers